

DRUG TEST INSTRUCTIONS

WHAT TO BUY:

1. Have 2 (two) drug tests at home when you call Dr. Mitchell for a telemed visit. Do **NOT** open or use these tests until Dr. Mitchell tells you to. When he does, you have 24 hours to text your results (see below).
2. Be sure your tests are **flat cards** and not round cups (cups are hard to photograph), and that your cards include these four tests (it's okay if they have more than these four, but all of these four tests must be on each card):

buprenorphine	BU P
morphine	M OP or O PI
methadone	M TD
oxycodone	O XY

3. There is a link to Amazon on Dr. Mitchell's website where you can buy these cards, or you can buy them at any other place you choose. You can use this search phrase to help find the tests:

urine drug test card with BUP

HOW TO DO THE TEST (you have 24 hours to do this):

1. Collect a sample of your urine in a clean container.
2. Remove the CAP (see the notches on both sides) and immerse the ABSORBENT BRUSHES ONLY for 10 seconds.
3. Replace the CAP and place the test card on a FLAT surface.
4. Wait 5 minutes.
5. Take 2 pictures of both sides (4 pictures total) and make sure all the lines and letters are easy to see and read.
6. Text your name and the 4 pictures to Dr. Mitchell at 786-262-5750 BEFORE NOON THE NEXT DAY.
7. Safely discard the test.
8. **If you do not turn the results in on time, you can only get 1 week prescriptions until your next random drug test.**

THESE TESTS ARE FOR EDUCATIONAL PURPOSES ONLY AND ARE
NOT OFFICIAL DRUG TESTS FOR EMPLOYMENT OR COURT